Robert A. Monroe Interview
1987-09-28 - KVMR Interview with Haines Ely
(Outline)

NOTE: This outline was automatically generated by the transcript program, Otter.ai.

Introduction. (0:00)

Astral travel or journeys out of the body.
Journey from journeys out.
Four weeks later, the vibrations came again.
A strange dream, floating against the ceiling.

Mr. Monroe's research and development. (4:15)

Out of the body travel, out of body travel.
Eileen garrett, psychic psychic.
Experimenting with monaural beats and binaural beats.
His first book, journeys out of the body.
The gateway program at the Monroe institute.
The difference between astral travel and out of body.

What is the definition of the out of body experience? (10:12)

Why astral travel is not an old-fashioned cult word.
The out of body experience.
Other people inhabiting the body while one is out of it.
What leaves the body when someone travels.
Everyone goes out of body during sleep during delta sleep.
Lucid dreaming, lucid dreaming.

How remote viewing compares to lucid dreaming and out of body experiences. (16:45)

How remote viewing compares to lucid dreaming and out of body state.
Emotions in out-of-body travel.
Out of body experiences and near death experiences.
Buddhism and the near death experience.
induction or help from someone else in getting people out.
Himi-sync at the Monroe institute.

Hemispheric synchronization. (23:46)

Hemispheric synchronization and binaural beat in sound.
Binaural beats in sound, biaural beats.
The profound effects of binaural beats on the physical body.
Developing the frequency-following response.

Focus on out of body experiences. (29:45)

Out of body experience or astral travel.

What to do first if proficient.
Finding the right person to play with.
A crib sheet for expanding consciousness.
Everyone in Nevada city is a channel.
The wideness of channeling and multiple personalities.

What is the personality of the channel? (35:56)

The jury is still out on what channeling really is.
The spiritualist church has been doing this.
Hanes hopes no one can call him back.
Hanes answers the question of death.
Death is the ultimate journey.
The delta sleep state is similar to the out of body state.

Which is the real world? (44:19)

Focusing on one experience at a time.
Intelligent beings from all over the world.
Energy shift that occurs once every 87 million years.
Two characteristics, danger and opportunity.
How to get in on the consciousness shift.
The second great commandment of love.
The power of love overcomes the love of power.
How to connect with Robert Monroe.